



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 20046, Rice, white, long-grain, parboiled, enriched, dry

Report Date: June 27, 2017 04:41 EDT

Nutrient values and weights are for edible portion.

Food Group : Cereal Grains and Pasta

Carbohydrate Factor: 4.16 Fat Factor: 8.37 Protein Factor:3.82 Nitrogen to Protein Conversion Factor:5.95

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 185g
Proximates					
Water 1 2 3 4	g	9.86	7	0.197	18.24
Energy	kcal	374	--	--	692
Energy	kJ	1564	--	--	2893
Protein 1 2	g	7.51	2	--	13.89
Total lipid (fat) 1 2	g	1.03	2	--	1.91
Ash 1 2	g	0.71	2	--	1.31
Carbohydrate, by difference	g	80.89	--	--	149.65
Fiber, total dietary 1 2 3	g	1.8	3	0.703	3.3
Sugars, total	g	0.33	--	--	0.61
Sucrose 1 3 4	g	0.21	5	0.136	0.39
Glucose (dextrose) 1 4	g	0.11	4	0.023	0.20
Fructose 1 4	g	0.02	4	0.000	0.04
Lactose 1	g	0.00	1	--	0.00
Maltose 1	g	0.00	1	--	0.00
Galactose	g	0.00	--	--	0.00
Starch 1 2	g	68.29	2	--	126.34
Minerals					
Calcium, Ca 1 2	mg	71	2	--	131
Iron, Fe 1 2	mg	3.33	2	--	6.16
Magnesium, Mg 1 2	mg	27	2	--	50
Phosphorus, P 1 2	mg	153	2	--	283
Potassium, K 1 2	mg	174	2	--	322

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 185g
Sodium, Na 1 2	mg	2	2	--	4
Zinc, Zn 1 2	mg	1.02	2	--	1.89
Copper, Cu 1 2	mg	0.284	2	--	0.525
Manganese, Mn 1 2	mg	1.035	2	--	1.915
Selenium, Se 1 2	µg	19.9	2	--	36.8
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	1	--	0.0
Thiamin 1 2	mg	0.603	2	--	1.116
Riboflavin 1 2	mg	0.050	2	--	0.092
Niacin 1 2 5 6	mg	5.048	6	0.415	9.339
Pantothenic acid 2	mg	0.672	1	--	1.243
Vitamin B-6 1 2	mg	0.452	2	--	0.836
Folate, total 1	µg	257	1	--	475
Folic acid 1	µg	249	1	--	461
Folate, food 1	µg	8	--	--	15
Folate, DFE	µg	431	--	--	797
Choline, total	mg	6.0	--	--	11.1
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	0	--	--	0
Retinol	µg	0	--	--	0
Carotene, beta	µg	0	--	--	0
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	0	--	--	0
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	0	--	--	0
Vitamin E (alpha-tocopherol) 1	mg	0.03	1	--	0.06
Vitamin E, added	mg	0.00	--	--	0.00
Tocopherol, beta 1	mg	0.02	1	--	0.04
Tocopherol, gamma 1	mg	0.17	1	--	0.31
Tocopherol, delta 1	mg	0.00	1	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 185g
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	0.1	--	--	0.2
Lipids					
Fatty acids, total saturated	g	0.294	--	--	0.544
4:0 ¹	g	0.000	1	--	0.000
6:0 ¹	g	0.000	1	--	0.000
8:0 ¹	g	0.000	1	--	0.000
10:0 ¹	g	0.000	1	--	0.000
12:0 ¹	g	0.000	1	--	0.000
14:0 ¹	g	0.000	1	--	0.000
15:0 ¹	g	0.000	1	--	0.000
16:0 ¹	g	0.277	1	--	0.512
17:0 ¹	g	0.000	1	--	0.000
18:0 ¹	g	0.017	1	--	0.031
20:0 ¹	g	0.000	1	--	0.000
22:0 ¹	g	0.000	1	--	0.000
24:0 ¹	g	0.000	1	--	0.000
Fatty acids, total monounsaturated	g	0.258	--	--	0.477
14:1 ¹	g	0.000	1	--	0.000
16:1 undifferentiated ¹	g	0.000	1	--	0.000
18:1 undifferentiated ¹	g	0.258	1	--	0.477
20:1 ¹	g	0.000	1	--	0.000
22:1 undifferentiated ¹	g	0.000	1	--	0.000
Fatty acids, total polyunsaturated	g	0.322	--	--	0.596
18:2 undifferentiated ¹	g	0.305	1	--	0.564
18:3 undifferentiated ¹	g	0.017	1	--	0.031
18:4 ¹	g	0.000	1	--	0.000
20:4 undifferentiated ¹	g	0.000	1	--	0.000
20:5 n-3 (EPA) ¹	g	0.000	1	--	0.000
22:5 n-3 (DPA) ¹	g	0.000	1	--	0.000
22:6 n-3 (DHA) ¹	g	0.000	1	--	0.000
Cholesterol	mg	0	--	--	0

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 185g
Amino Acids					
Tryptophan ^{1 2 7}	g	0.103	--	--	0.191
Threonine ^{1 2 7}	g	0.271	--	--	0.501
Isoleucine ^{1 2 7}	g	0.339	--	--	0.627
Leucine ^{1 2 7}	g	0.656	--	--	1.214
Lysine ^{1 2 7}	g	0.215	--	--	0.398
Methionine ^{1 2 7}	g	0.183	--	--	0.339
Cystine ^{1 2 7}	g	0.153	--	--	0.283
Phenylalanine ^{1 2 7}	g	0.398	--	--	0.736
Tyrosine ^{1 2 7}	g	0.216	--	--	0.400
Valine ^{1 2 7}	g	0.470	--	--	0.869
Arginine ^{1 2 7}	g	0.651	--	--	1.204
Histidine ^{1 2 7}	g	0.185	--	--	0.342
Alanine ^{1 2 7}	g	0.433	--	--	0.801
Aspartic acid ^{1 2 7}	g	0.795	--	--	1.471
Glutamic acid ^{1 2 7}	g	1.395	--	--	2.581
Glycine ^{1 2 7}	g	0.358	--	--	0.662
Proline ^{1 2 7}	g	0.484	--	--	0.895
Serine ^{1 2 7}	g	0.366	--	--	0.677
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 2b, 1999 Beltsville MD

²Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program, Wave 9m, 2005 Beltsville MD

³Nutrient Data Laboratory, ARS, USDA Investigation of the carbohydrate fraction of foods . . . raw, processed and prepared, 1985 Beltsville MD

⁴Nutrient Data Laboratory, ARS, USDA Variability of the sugar content of foods, 1989 Beltsville MD

⁵Nutrient Data Laboratory, ARS, USDA Analysis of iron, thiamin, and niacin in unenriched white rice, 2004 Beltsville MD

⁶Uncle Ben's Niacin in parboiled rice, 2005

⁷Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 6m, 2002 Beltsville MD